

# HEALTHY LUNCH BOX CHALLENGE

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and register to receive free monthly lunch box ideas and healthy, hassle-free recipes

[www.littlecooksclub.co.za](http://www.littlecooksclub.co.za)



<b>Monday</b>	Pancake filled with peanut butter and bananas Sticky Chicken drumstick, cherry tomatoes, carrot sticks and cucumber Small packet of SAFARI Trail mix
<b>Tuesday</b>	Greek Couscous Salad or Penne with pesto don't forget the fork Orange or Clementine Oatmeal biscuit
<b>Wednesday</b>	Healthy home-made muffin Baked beans with mini pita breads or tomato and lentil soup Grapes or raspberries Biltong stick
<b>Thursday</b>	Tuna and Mayo with iceberg on whole-wheat bread An apple, little drinking yoghurt Energy bar
<b>Friday</b>	Chicken, carrot, avo and cucumber wrap Healthy rusk Yoghurt rice cakes Strawberries

## HEALTHY LUNCH BOX TREATS

- Banana, pear, apple or zucchini muffins
- SAFARI Trail mix, made of dried fruit and nuts
- SAFARI GEMS & BITES
- Baby potato salad with egg and bacon
- Mini energy bars or granola bars
- Popcorn
- Assorted nuts
- Biltong
- Oatees or dried cereal
- Small yoghurt or drinking yoghurts
- Protein bars
- Rusks
- cream cheese, mini cheeses
- Digestive biscuits, oat biscuits, Future life biscuits
- Pickles, gherkins, olives, feta cheese
- Crudités: carrots, cucumbers, cherry tomatoes, broccoli, baby corn, mange tout with dips

## SANDWICH FILLING IDEAS

- Tomato, Mozzarella & pesto
- Bovril & cheese
- Tuna with cheddar & cucumber
- Peanut butter, honey & banana
- Cottage cheese & smoked trout
- Hummus and pesto
- Bacon, Lettuce and tomato
- Rice paper roll with carrots, avo and cucumber
- Chicken & pineapple or chicken with cashews/raisins

**NOTE TO SELF: NO WHITE BREAD. NO SWEETS. NO CHIPS**

Use Albany 100% smooth wholegrain bread or Albany Low GI seeded brown loaf, conveniently available in buns too. Start the morning with a good protein breakfast.

## IN THE SPOTLIGHT

Increase your Vitamin C during the colder months to stay healthy.

